Extra 3

Rung Cards

Eight large-print cards to train from on the floor



Extra content for readers of *Military Calisthenics for Men Over 50*

How to use the Rung Cards

Print the Preparation Drill card, the Recovery Drill card and the card for your rung. Lay them on the floor by the mat.

Every session runs the same way: the Preparation Drill card, your rung card, the Recovery Drill card. Twenty minutes, three days a week, never two days in a row.

Write your route on your rung card in pen: Knee, Shoulder, Lower back, or main (Chapter 4). The route boxes for every exercise are in Chapters 8 to 11.

Move up only when two things are true: at least 2 weeks and 6 sessions on the rung, and a passed Exit Test (Chapter 12). On an Exit Test day, the five tests take the place of the circuit.

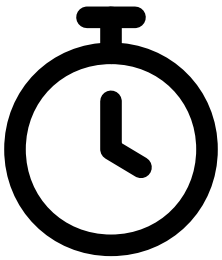
These cards summarize the plan in the book; they do not replace it. Not medical advice. Stop any exercise that causes sharp pain, chest pain, dizziness or unusual shortness of breath, and get help. If Chapter 4 puts you in the group that talks to a doctor first, do that before you start.

Preparation Drill

About 5 minutes · every session · Chapter 6

1. **March in Place** · about 1 minute
2. **Arm Circles** · 5 forward, 5 backward
3. **Leg Swings** · 8 per leg
4. **Hip Circles** · 5 each way
5. **Wall Slide** · 5
6. **Standing Knee Hug** · 5 per leg
7. **Standing Side Bend** · 5 per side
8. **Standing Trunk Rotation** · 5 per side
9. **W Squeeze** · 5
10. **Open-and-Hug Arm Swings** · 10

5 slow reps of each, or 5 per side, unless listed otherwise; easy effort. ☐ Done



Recovery Drill

About 3 minutes · every session · Chapter 7

1. **Overhead Arm Pull** · about 15 s each side
2. **Step Hamstring Stretch** · about 15 s each side
3. **Supported Quad Stretch** · about 15 s each side
4. **Wall Chest Opener** · about 15 s each side
5. **Wall Calf Stretch** · about 15 s each side

A mild stretch, never pain. No bouncing. ☐ Done



Rung 1

Rebuild the Base · Route: _____

The work · 12 min · 2–3 rounds

- **Sit-to-Stand** 2–3 × 6–10, arms crossed
- **Push-Up** 2–3 × 8–12, hands on the wall
- **Doorframe Row** 2–3 × 8–12, feet well back, nearly upright
- **Plank** 2–3 × 10–20 s, hands on the counter
- **Single-Leg Stand** 2–3 × 5–10 s each leg, one fingertip on the counter
- **Side-Straddle Hop** 2–3 × 20–40 s, step jack, no hop

Exit Test · pass all five: Rung 2

- **T1** Chair Stand: 8 in 30 s
- **T2** Push-Up: 15 hands on the wall
- **T3** Plank: 20 s hands on the counter
- **T4** Single-Leg Stand: 10 s on your weaker leg, one fingertip on the counter
- **T5** March in Place: 2 min

Rung 2

Steady Ground · Route: _____

The work · 12 min · 2–3 rounds

- **Step-Up** 2–3 × 5–8 each leg, hand on the rail or wall
- **Push-Up** 2–3 × 6–10, hands on the counter
- **Doorframe Row** 2–3 × 8–12, feet a little closer
- **Plank** 2–3 × 20–40 s, hands on the counter
- **Single-Leg Stand** 2–3 × 8–15 s each leg, finger hovering over the counter
- **Squat Thrust** 2–3 × 3–6, hands on the chair seat, stepping

Exit Test · pass all five: Rung 3

- **T1** Chair Stand: 11 in 30 s
- **T2** Push-Up: 12 hands on the counter
- **T3** Plank: 40 s hands on the counter
- **T4** Single-Leg Stand: 15 s on the weaker leg, no support
- **T5** March in Place: 4 min

Rung 3

Load the Pattern · Route: _____

The work · 12 min · 2–3 rounds

- **Prisoner Squat** 2–3 × 8–12, touch the chair seat, do not rest
- **Push-Up** 2–3 × 6–10, hands on the chair seat
- **Doorframe Row** 2–3 × 8–12, lean back a little more
- **Plank** 2–3 × 10–20 s, forearms on the mat
- **Single-Leg Stand** 2–3 × 10–20 s each leg, free, counter in reach
- **Squat Thrust** 2–3 × 5–8, hands on the chair seat

Exit Test · pass all five: Rung 4

- **T1** Chair Stand: 14 in 30 s
- **T2** Push-Up: 12 hands on the chair seat
- **T3** Plank: 20 s, forearms, on the mat
- **T4** Single-Leg Stand: 20 s on the weaker leg, no support
- **T5** Squat Thrust: 8 in a row, hands on the chair seat

Rung 4

Build Capacity · Route: _____

The work · 12 min · 2–3 rounds

- **Prisoner Squat** 2–3 × 8–12, free, no chair
- **Push-Up** 2–3 × 8–12, first 1–3 on the toes, the rest on the knees
- **Doorframe Row** 2–3 × 8–12, feet closer to the frame
- **Plank** 2–3 × 20–40 s, forearms
- **Single-Leg Stand** 2–3 × 15–30 s each leg, free
- **Squat Thrust** 2–3 × 5–8, hands on the floor

Exit Test · pass all five: Rung 5

- **T1** Chair Stand: 16 in 30 s
- **T2** Push-Up: 15 on your knees, on the mat
- **T3** Plank: 40 s, forearms, on the mat
- **T4** Single-Leg Stand: 30 s on the weaker leg, no support
- **T5** Squat Thrust: 10 in a row, hands on the floor

Rung 5

Strength That Carries Over · Route: _____

The work · 12 min · 2–3 rounds

- **Supported Split Squat** 2–3 × 6–10 each leg, hand on counter
- **Push-Up** 2–3 × 3–6, floor
- **Doorframe Row** 2–3 × 8–12, feet close to frame
- **Plank, then Side Plank** 2–3 × 30–50 s (forearms), then 10–20 s each side (feet)
- **Single-Leg Hinge** 2–3 × 5–8 each leg, fingertip on the counter
- **Bear Crawl** 2–3 × 20–30 s, forward & back, knees low

Exit Test · pass all five: Rung 6

- **T1** Chair Stand: 18 in 30 s
- **T2** Push-Up: 8 on your toes, on the floor
- **T3** Plank: 60 s, forearms, on the mat
- **T4** Single-Leg Hinge: 6 each leg, free, no touch-down
- **T5** Bear Crawl: 2 crawls of 30 s, knees off

Rung 6

Back in Shape · Route: _____

The work · 12 min · 2–3 rounds

- **Step-Up** 2–3 × 6–10 each leg, step down on a count of three
- **Push-Up** 2–3 × 6–12, floor
- **Doorframe Row** 2–3 × 8–12, feet close to frame
- **Plank** 2–3 × 45–80 s, forearms
- **Side Plank** 2–3 × 15–25 s each side, on the feet
- **Bear Crawl** 2–3 × 40–60 s, forward and back

Exit Test · pass all five: the Hold Plan

- **T1** Chair Stand: 20 in 30 s
- **T2** Push-Up: 15 on your toes, on the floor
- **T3** Plank: 90 s, forearms, on the mat
- **T4** Side Plank: 30 s on each side, on your feet
- **T5** Bear Crawl: 60 s, forward and back, knees off the floor